

Phowa practice

Ringu Tulku Rinpoche | Summer Camp 2025

Refuge and Bodhichitta prayers.

Feel that your body is like a glass jar or made of light.

In the middle, you feel this central channel. It starts from below your naval, where it's blocked, and from there it goes up to your fontanel where it's open. It's the diameter of an arrow, white outside and red inside.

In the middle of that, at your heart level, you imagine your own consciousness. You feel that your consciousness is in the form of a very bouncy ball of light.

Make the wish that you would like to transform your state of mind into a completely pure, fully enlightened being. You wish to be in the experience of a fully enlightened being and would like to be transferred and transformed.



Like Captain Kirk in Star Trek! You push a button and then you are there. Imagine Amitabha sitting just above the top of your head in meditation posture holding a bowl of amrita. Say "PHAT" and imagine your consciousness shoots up like a shooting star into Amitabha's heart. Then it falls back down to your heart. Like throwing a stone into the air and letting it come back.

While you do that you can say Amitabha's mantra:

ཨོམ་ཨི་དམ་མའི་ཤེས་རིག་སྒྲིབ་ཀྱི་མཚན་ལས་ཤིག་ལྷོ་ལྷོ་

OM AMI DEWA HRIH

Do this every few minutes, not necessary too long. Five or ten minutes.

Then Amitabha (dressed as a monk) transforms into Amitayus (dressed like a prince) holding a vase of long life. Amitayus is the one who gives long life. You feel that, from him, lots of lights and blessings come to you so that your body becomes totally transformed and all your elements become healthy and harmonious.

While thinking about that, recite the mantra of long life, the mantra of Amitayus, as much as one wishes, but at least one mala.

ཨོཾ་མ་ར་ར་ལི་འཇིག་ཇི་ལོ་ལྷ་མོ།

OM AMARANI DZIWENTTIYÉ SOHA

At the end, feel that Amitayus dissolves into light and into you. He becomes one with you, giving long life and health. That's the Phowa practice.

When you actually die, then you don't come back.

Conclude with Dewachen prayer and dedication.

Emaho! Amitābha, magnificent Buddha of Boundless Light,
With the great compassionate lord Avalokiteśvara to his right,
And Vajrapāṇi-Mahāsthāmaprāpta on his left,
Surrounded by an assembly of countless buddhas and bodhisattvas
In the place of wonder and boundless joy and happiness
That is the heavenly realm of Sukhāvātī, the Blissful Paradise.
When the time comes for me to leave this present life,
May I go there directly, without any other birth upon the way,
And being reborn there, may I see Amitābha face to face!
May this, my fervent prayer of aspiration,
Be blessed by all the buddhas and bodhisattvas of the ten directions
So that it is accomplished, without the slightest hindrance!

TEYATHA | PENTSADRIYA AWABODHANAYÉ SOHA

